

# Baby and You

A newsletter for parents of nine month-old babies



## Baby Shots

Babies may not need any shots at nine months if they've had the following immunizations:

- DTaP - third dose
- Polio - second dose
- Hib - third dose
- Hepatitis B - second or third dose
- Pneumococcal - third dose
- Flu

If your child is missing any of these immunizations, please call your doctor or the health department (1-800-432-4121 or 547-0295) to make an appointment. Your baby's next shots are due after his or her first birthday.

**Health insurance is important for all children. Two health insurance programs, HEALTHY KIDS (free health insurance) and MICHild (\$10.00 per month) are available for children ages 0-19.**

**Call 1-800-432-4121 for more information!**

*Babies at nine months are starting to understand what people say to them. They love to have people talk, sing, and repeat the sounds they make. Babies at nine months may also begin to crawl, which opens a whole new world to them.*

## Your Baby at 9 Months...

### Your baby can:

- Begin making choices
- Enjoy games like peek-a-boo and patty-cake
- Pull herself up to stand and walk around furniture
- Start eating table foods
- Begin feeding herself with her hands
- Enjoy looking at books



### Your baby needs:

- ...to be offered toys or objects to choose from
- ...someone to play games with
- ...opportunities to practice new movements in a safe place
- ...mashed, cooked meats and vegetables
- ...soft toast/graham crackers, and small pieces of soft cheese
- ...to have someone read to her, point at pictures and name them

### Safety Needs:

- upgrade to a toddler car seat; children must face the rear of the vehicle for their first year
- set crib to its lowest level
- use a safety strap to keep your baby seated in her highchair and grocery cart
- cut cheese or soft fruits into small pieces, as baby may choke on big pieces

### Dental Needs:

- begin to wean your baby from her bottle
- keep your baby's teeth healthy by not giving her a bottle in bed
- no pop, juice or sports drinks in the bottle
- parents with tooth decay need treatment

This newsletter is provided by Great Start, Health Department of Northwest Michigan, and the Charlevoix-Emmet Intermediate School District.

## The Road to Reading...

9 months

\*Talk \* Read \*Explore

Start a special place to keep your child's books. This could be a basket, a bookshelf, or a spot in the play area.

### You can:

- \* **Sing** "Pat-a-Cake" and help your baby clap, roll, and push his hands. Say sentences like "How big is baby" Sooooo B-I-G! Help your baby put his arms up in the air. Putting motions with words helps your baby remember songs and sentences.
- \* **Read** at bedtime. This is a perfect time to cuddle with your baby and help him relate reading with a special time of closeness with you.

**Book Corner:** Babies love to "do" things with books. Fold-out or lift-the-flap books give baby a chance to touch the pages and see what is behind the picture. Our book pick: *Where's Spot?* by Eric Hill.

Parent to Parent...



*Babies at nine months old are very busy learning words, learning to crawl, and to stand. They enjoy their parents' praise and attention. There are many resources to help you as a parent of a 9 month-old.*

It is very important for your child's health and development to have proper nutrition. **WIC** (Women, Infants, and Children) can help by providing free food and many other family resources. Call 1-800-432-4121 for more information.

**Children's Special Health Care Services** is a health insurance program for children with an on-going medical condition. For more information in Charlevoix County call 231-547-7644, in Emmet County call 231-347-4979, and in Antrim County call 231-533-8670.

Need health insurance for your children ages 0-18 years? **Healthy Kids Medicaid** or **MICChild** is available. Call 547-0295 or 1-800-432-4121 for more information.

Make sure and contact the **Great Start** event line at **1-877-866-3714** for information on how to sign up your child for the Great Start Network and take advantage of the wonderful **event hotline** and other free services designed to prepare your child for school.

You want the best care for your child. For more information on how to locate licensed child care in your area that will meet you and your child's needs, please contact **Child Care Connections (4C)** at 1-800-968-4228.

**Playgroups!** The Women's Resource Center, a partner in the Great Start Network, offers playgroups for children aged 0-48 months in Ellsworth, Boyne City, Charlevoix, East Jordan, Alanson, and Petoskey. All playgroups are free and are held from 9:30-11 a.m. To locate a playgroup in your area, call 347-0067.

For helpful tips and health information, please visit the following websites:

[www.aap.org](http://www.aap.org)  
[www.1800earlyon.org](http://www.1800earlyon.org)  
[www.mywebmd.com](http://www.mywebmd.com)

For baby information and products:  
[www.babycentral.com](http://www.babycentral.com)

For smoking cessation help:  
[www.michigan.org/tobacco](http://www.michigan.org/tobacco)  
[www.quitnet.com](http://www.quitnet.com)

For dental information and resources:  
[www.ada.org](http://www.ada.org)

For information and resources for children and families:

[www.bridges4kids.org](http://www.bridges4kids.org)  
[www.marchofdimes.org](http://www.marchofdimes.org)  
[www.kidshealth.org](http://www.kidshealth.org)

For breast feeding help:  
[www.llusa.org](http://www.llusa.org)  
[www.wichealth.org](http://www.wichealth.org)

Help us go green! Please email us at [Great-Start@nwhealth.org](mailto:Great-Start@nwhealth.org) so you can start receiving our newsletters by email. Please include your child's full name in the email. This will help us save paper and postage. The email address you provide will not be given to any other agency; it is for our use only.

